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**BESANÇON
TRIATHLON VAUBAN
2015**

**DIMANCHE
7 juin**

ENFANTS • RELAIS • NON LICENCIÉS

triathlon
FÉDÉRATION FRANÇAISE DE TRIATHLON

2015 BESANÇON ITU WORLD PARATRIATHLON EVENT

PARATRIATHLON COMPETITOR INFORMATION GUIDE

Event Websites:

<http://www.competitions.com/2015/02/24/besancon-itu-world-paratriathlon-event>

<http://www.trivauban.fr/paratriathlon.php>

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KEY CONTACTS

Local Organising Committee: Besançon Triathlon

Address: Besançon Triathlon
14 Rue de Trépillot
25000 Besançon
France

Contact: David Travadon
+33 6 46 12 15 92
paratriathlon@trivauban.fr

Event Websites:

http://www.competitions.com/competitions/2015/02/2015_besancon_itu_world_paratriathlon_event
<http://www.trivauban.fr/paratriathlon.php>

International Triathlon Union:

Team Leader: Thanos Nikopoulos (GRE) thanos.nikopoulos@triathlon.org

Technical Delegate: Dirk Bogaert (BEL) bogaert.d@skynet.be, dirk.bogaert58@gmail.com

ACCOMODATION

HOTELS

The official hotel of the event is the Hotel Restaurant **Ibis Besançon la City**, located 50m from the swim start and 400m from the finish area/venue.

Hôtel Restaurant Ibis Besançon la City

Avenue Louise Michel

25 000 Besançon

+333 81 85 11 70

<http://www.ibis.com/fr/hotel-3297-ibis-besancon-la-city/index.shtml>

RESTAURANTS

The official hotel is located at the center of the city. You can access by walk to many restaurants:

L'Annexe (fish restaurant) 11 rue du Palais de Justice, +33 3 81 53 17 12 : The 'Duch' will welcome you as a cyclist and you will discover very good dishes (remember to book!)

Al Sirocco (Pizzeria) 1 rue Chifflet : One of the best pizza in Besançon.

Brasserie 1802 – Place Granvelle.

Le Coucou (dishes from Franche Comté) 12 rue Luc Breton

On race day, you will be able to buy food on site.

LOCATION



Presentation of Besançon (duration: 5 minutes):

<https://www.youtube.com/watch?v=Egqn2uccGgk>

Or <http://vimeo.com/99627558>





Vauban citadel

Franche-Comté Region and Besançon city welcomes you !

Let us tell you the story. City "Art and History", rich in heritage, famous men were born or have lived, nestled in a bend of the Doubs, sheltered by the Fortifications of Vauban.

Discover the "loop" of Doubs dominated by the Citadel, a majestic monument, offering impressive views of the city and the surrounding nature. High cultural and touristic spot.

Enjoy the parks and gardens that make it a green city where life is good.

Try a walk along the river following this way: the Remparts, the bastion towers, the Quays and Bridges.

Enjoy the 'Cancoillotte' and the 'comté' cheese.

Let yourself be surprised.

BESANÇON awaits you !

You will be able to find some regional products at 'Doubs Direct' – 6 rue Pasteur (1km from the hotel Ibis).

AIRPORTS AND TRANSFERS

Lyon Saint Exupéry international airport (240 Kms - ~2h15)

<http://www.lyonaerports.com/>

International airport Bâle-Mulhouse-Fribourg (160 kms - ~1h45)

<http://www.euroairport.com/fr/>

Geneva international airport - Switzerland (170 kms - ~2h10)

<http://www.gva.ch/fr/desktopdefault.aspx>

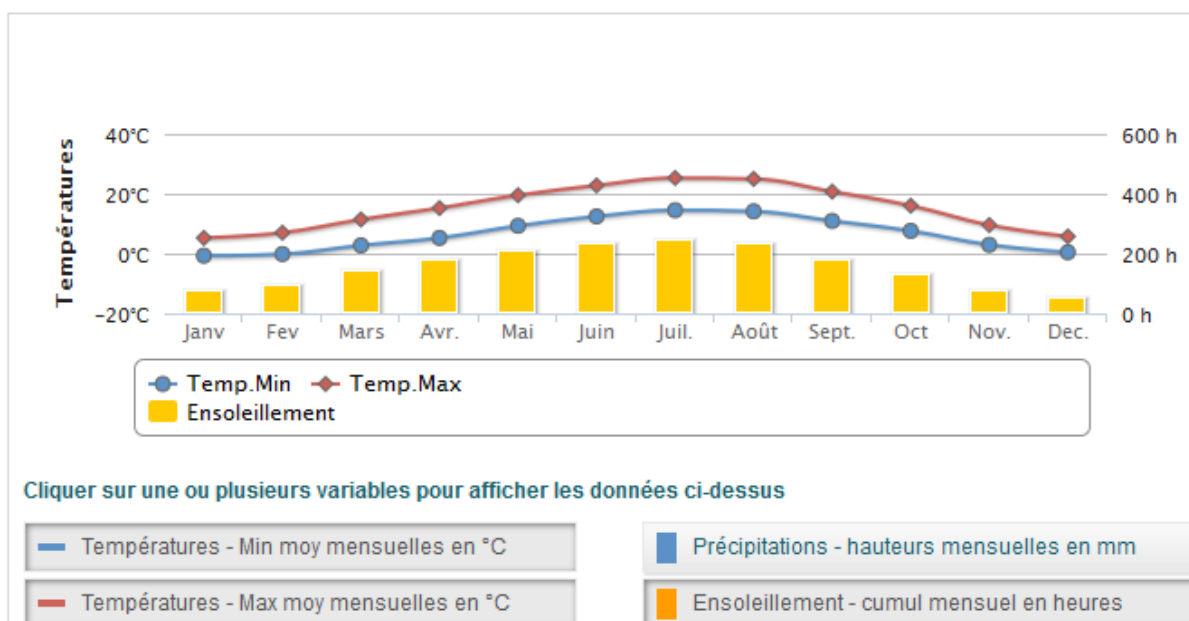
The organizer strongly recommends to the athletes to rent a car at the airport to access Besançon.

WEATHER

Weather forecast for June :

- water temperature: wetsuit expected
- min temperature : 12°C
- max temperature: 22°C

Normales annuelles de la Station de Besançon



MEDICAL SERVICES IN BESANCON

EMERGENCY: 112 (European number)

DOCTOR : SOS Médecin tel. 36 24 (from a French land line or cell phone)

HOSPITAL:

Hôpital Jean Minjot

3 bd Alexandre Fleming

25000 Besançon

FACILITIES

Map : https://mapsengine.google.com/map/edit?mid=zOhn_DxgFNnw.kM6NiaLWsvJ8

Sport shops in the area:

- Running shop partner (2 km from Hotel Ibis): ENDURANCE SHOP, 8 rue Gustave Courbet, Besançon
- Bike shop : Boulevard Cycle, 154 rue de Dole, Besançon
- Velomaniak (200 m from Hotel Ibis) : 14 rue de Dole, Besançon
- DECATHLON, 3 rue André Breton, Besançon (Zac Chateaufarine)
- GO SPORT, Zac Chateaufarine, Besançon

Optician: Optic 2000 – 32 rue des Granges

Swimming pools:

- Piscine Mallarmé - 13 rue Stéphane Mallarmé
- Piscine Lafayette - 5 rue Louis Garnier

Opening hours: http://www.besancon.fr/gallery_files/site_1/346/351/790/horaires_piscines-patinoire_2013_75_x_100_4.pdf

VENUE

LOCATION

The venue is located Avenue de la Gare d'Eau:



CAR PARKING

A parking for the paratriathletes will be available at the venue the day of the race.

Address: Avenue de la Gare d'Eau

Athletes are required to show their bib numbers to access the parking.

PARATRIATHLETES LOUNGE

Facilities including athletes' lounge, massage services, toilets are provided to the athletes at the finish area. Sealed bottles of water, fruit and energy bars will be offered to the athletes after the race in the athletes' lounge.

In case of problem on a prosthesis, presence of a technician: PROTEOR



DOPING CONTROL

Doping Control will be performed according to the ITU/WADA/AFLD rules.

Location : Hotel Ibis Besançon la City (chaperon will accompanied the paratriathletes).

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on the race day, before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. One ambulance will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Possible medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

BIKE MECHANIC SERVICE

Bicycle mechanic service will be provided at the venue by our partner 'Boulevard Cycle' during the competition hours, or on the previous days in their bike shop: 154 rue de Dole, Besançon

INFORMATION CENTRE

Details regarding the event (schedule, maps) will be posted at the host hotel:

Hôtel Restaurant Ibis Besançon la City
Avenue Louise Michel
25000 Besançon
+333 81 85 11 70

SECURITY

The course will take place on roads closed to traffic, except few exceptions where volunteers will manage the road closures and the traffic around the course.

TRAINING

TRAINING SESSIONS IN THE SWIMMING POOL

2 swimming pools are available closed to the hotel during their opening hours (see 'Location' section above).

Additional to this, the organizer is pleased to propose free access for the paratriathletes to the swimming pool Mallarmé:

- Friday evening from 7.30 pm to 8.45 pm,
- Saturday morning from 7.30 am to 9 am.

COURSE FAMILIARIZATION

SWIM

No swim course familiarization will be organized.

Please note: It is forbidden to swim in the river at any time because of safety reasons and shipping traffic!

BIKE/RUN

No bike or run familiarization will be organized. However, these roads are accessible any time.

Please note: The route is not closed to traffic apart to the event. You are running/cycling at your own risks by following the traffic regulations.

COMPETITION INFORMATION

COMPETITION SCHEDULE

Activity	Time	Place
FRIDAY 06/JUNE		
Elite Athletes' Briefing * (mandatory for athlete + handler + guide)	18:00 - 19:00	waiting
Race Package distribution + fee payment (cash)	19:00 - 19:30	same
Pasta party **	19:30 - 21:30	same
SUNDAY 07/JUNE		
Check in athletes lounge	09:00 - 10:00	Venue
Transition area check in	09:30 - 10:40	Venue
Athletes' introduction	10:40	Venue - Transition area
START	11:30	Swim start
Award ceremony	13:30	Venue - Finish area

* The Athlete's Briefing will be posted on the website after the Briefing:

<http://www.triathlon.org/about/documents>

** For the athletes, the Pasta party is included in the entry fees. Prices for others (coaches, handlers, families): waiting

COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union:

http://www.competition_rules

Please note that the athlete's uniform, and his/her Guide if applicable, have to be in line with the ITU Competition rules (page 142/ section F3).

ENTRY

Athletes have to be registered by their National Federation through ITU.

Entry fee = 90 € will have to be paid on IBAN: FR76 3000 3004 9600 0500 2956 271 **until May 24th**, Order must be confirm to LOC : david.travadon@sfr.fr

Only late entries can be paid cash after the Briefing, to receive the race package

RACE PACKAGE

After briefing, packages will be distributed.

The race package will include:

- (i) PT1: 1 swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the race wheelchair, 1 race number sticker for the daily wheelchair, 2 race bib numbers for the athlete and 2 race bib numbers for the handlers;
- (ii) PT2-PT3-PT4: 1 swim cap, 1 race number sticker for the bike, 3 race number stickers for the helmet, 3 race number stickers for the prosthesis , 1 race bib number for the athlete and 1 race bib number for the handler;
- (iv) PT-5: 1 swim cap for the athlete and 1 swim cap for the guide, 1 race number sticker for the bike, 6 race number stickers for the helmets, 1 race bib number for the athlete and 1 race bib number for the guide with the word "GUIDE" written on it.

The timing chip will be given on race day, at the Athletes' lounge.

INFORMATION ABOUT THE FOP

START

The start area is 800m from the venue.

PT1 athletes will be proposed to reach the swim start from the swim exit by boat, after the Athletes' Introduction.

A dedicated tent will be available at the swim start in order for the athletes to leave their last minute gear. The organizer will carry those bags back to the Athletes' Lounge AFTER THE RACE.

Please note that any items left at the swim start can NOT be used during the race.

SWIM COURSE

There is 1 straight line of 1000 m.

You will exit via a ramp.

At the exit, swim exit handlers will support the athletes based on their swim cap colour.

BIKE COURSE

Generally flat profile with no difficult parts.

There are 3 laps of 7 km to ride. The route is not technically demanding. Generally good tarmac.

BIKE PENALTY BOX

The penalty box will be located in front of the Transition Area 2.

RUN COURSE

Flat course going through the city center. There are two laps of 2.5km to run.

Surface mostly cobblestone and tarmac.

RUN PENALTY BOX

The penalty box will be located 100m before the finish area.

AID STATIONS

The aid stations will be located at km: 0.8 - 1.8 - 2.4 - 3.5 and 4 on the run course.

Closed 0.33 liter bottles of sealed water will be handed out.

No aid station on the bike course.

ENVIRONMENTAL PROTECTION

Athlete will do his best to protect nature and environment.

Related to this, it is forbidden to throw equipment (water bottles, glasses, tissue...) OUTSIDE from the 'Free littering areas', which will be identified with signs after each aid station.

VI FREE LEADING ZONES

If any, 'Free Leading zone' for the VI athletes will be communicated at the Briefing.

RESULTS

Results will be uploaded few hours after the race at the ITU's official website:
http://www.triathlon.org/events/event/2015_besancon_itu_paratriathlon_international_event

PROTEST & APPEALS

The race referee will post penalties, and DSQ if applicable, at the post finish / recovery area.

For either a protest or an appeal, ITU rules will be followed. The appeal or protest has to be submitted to the Race Referee and the ITU Competition Jury will meet to discuss it.

The full rules for appeal can be found using the following web link:
http://www.triathlon.org/about/downloads/category/competition_rules

MAPS

SWIM



BIKE



RUN



